

YOUTH/TEEN (CONT.)

Kids Crop w/Michele (Ages 5-15)

Bring 13 photos of a scene or event (birthday parties, friends) and go home with a completed paper album. Great gift for Father's Day!

Date: Wednesday, June 16, 9-11:30 a.m.

Location: Friendship Center, Conf. Room

Fee: \$32R/\$35NR/\$25M (#11787)

Practice SAT's w/Sylvan Learning Center (Ages 13+)

Learn what to expect when taking the SAT's. Join us for a practice. Students receive scores and an analysis showing strengths and weaknesses.

Date: Saturday, August 21, 9 a.m.-12:45 p.m. (#11760)

Location: Friendship Center, Room 109

Fee: \$5R/\$8NR/Free to Members! Must pre-register!

Introduction to Cartooning w/Jimmy Gownley (Ages 11+) (5 classes)

Learn the basics of creating your own comic book or comic strip with award winning cartoonist of Amelia Rules! Book Series. Participants must bring 9 x 12 drawing tablet, ruler and pencils.

Date: Mon.-Fri., Aug. 9-13, 11 a.m.-12:30 p.m.

Location: Friendship Center, Room 106

Fee: \$50R/\$53R/\$40M (#11780)

Fitness, Food and Fun w/Montgomery Wheel of Life (Ages 10-17) (4 classes)

The Youth NutriFMT® Program is designed to help young adults improve their overall fitness and health. Children will receive functional movement training, nutritional knowledge for making better life-time food choices and a foundation towards a healthier lifestyle. Individualized nutritional guidelines and workouts for each specific client. (ages separated accordingly).

Dates: Mon.-Fri., June 14-17, 10 a.m.-12 p.m. (#11812)

Mon.-Fri., June 21-24, 10 a.m.-12 p.m. (#11813)

Mon.-Fri., Aug. 16-19, 10 a.m.-12 p.m. (#11814)

Mon.-Fri., Aug. 23-26, 10 a.m.-12 p.m. (#11815)

Location: Friendship Center, Conference Room

Fee: \$95R/\$98R/\$85M

BODY PUMP/ZUMBA

Body Pump™ (Ages 16+)

Exciting! The 50-60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for . . . and fast!

Dates: (1 day per week) (10 classes-50-60 min.)

Mon., 5:40-6:30 a.m., June 21-Sept. 13 (#11717) (MJ)

*Mon., 7-8 p.m., June 21-Sept. 13 (#11715) (MJ)

**Fri., 9:30-10:30 a.m., June 25-Aug. 27 (#11710) (MJ)

Fri., 5:40-6:30 a.m., June 25-Aug. 27 (#11709) (MJ)

Sat., 9:15-10:15 a.m., June 26-Aug. 28 (#11711) (MJ)

Location: Friendship Center, Room 118 (*East Annex) (**Room 112)

Fee: 1/week (45-60 mins.) — \$45R/\$48NR/\$35M

Dates: (2 days per week) (20 classes-60 min.)

Mon./Wed., 9:30-10:30 a.m., June 21-Sept. 8 (#11714) (MJ)

Mon./Wed., 4:30-5:30 p.m., June 21-Sept. 8 (#11713) (MJ)

Location: Friendship Center, Room 118

Fee: 2/week (60 mins.) — \$90R/\$96NR/\$70M

Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

Date: Mon., June 21-Sept. 13, 10:30-11:15 a.m. (#11738) (M)

*Tues., June 22-Aug. 24, 6:30-7:15 p.m. (#11736) (M)

*Thurs., June 24-Aug. 26, 5:30-6:15 p.m. (#11740) (M)

*Thurs., June 24-Aug. 26, 6:15-7 p.m. (#11737) (M)

Location: Friendship Center, Room 118/*East Annex

Fee: \$32/\$35NR/\$24M (45 minute)

Date: *Mon., June 21-Sept. 13, 5-6 p.m. (#11746) (C)

Tues., June 22-Aug. 24, 9:15-10:15 a.m. (#11816) (Mer)

Wed., June 23-Aug. 25, 10:30-11:30 a.m. (#11742) (J)

Wed., June 23-Aug. 25, 4:30-5:30 p.m. (#11741) (C)

*Wed., June 23-Aug. 25, 7-8 p.m. (#11745) (Me)

Thurs., June 24-Aug. 26, 9-10 a.m. (#11739) (J)

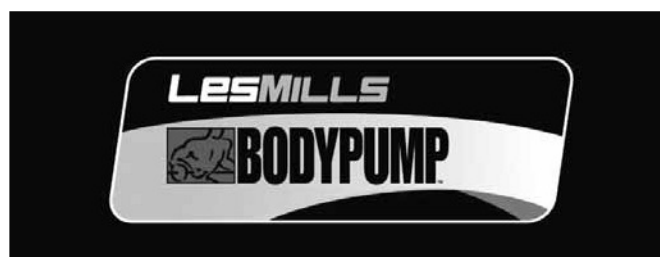
Fri., June 25-Aug. 27, 9-10 a.m. (#11743) (Mer)

Sat., June 26-Aug. 28, 8:15-9:15 a.m. (#11744) (TBA)

Location: Friendship Center, Room 118/*East Annex

Fee: \$40R/\$43NR/\$32M (60 minute)

Instructor Code: (M) Monica, (A) Alicia, (C) Carol, (J) Joanie, (CS) Chelsea, (Me) Megan, (Mer) Meredith



KIDS ZUMBA

(See Page 7 for Details!)

SPIN

Spin Taster w/Russ (Ages 18+)

Never tried spin before? Give it a try. Great Intro!

Dates: Friday, June 11, 7-7:45 p.m. (#11658)

OR- Friday, June 18, 8:30-9:15 a.m. (#11659)

Location: Friendship Center, Room 115

Fee: Free to Members Only!

Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

Dates: (1 day per week) (10 classes-45 min.)

Mon., 7-7:45 p.m., June 21-Sept. 13 (D) (#11729)

Wed., 6:30-7:15 a.m., June 23-Aug. 25 (MA) (#11730)

Thurs., 7-7:45 p.m., June 24-Aug. 26 (D) (#11725)

Fri., 6:15-7 a.m., June 25-Aug. 27 (Z) (#11724)

Sat., 8:15-9 a.m., June 26-Aug. 28 (MJ) (#11722)

Fee: 1/week (45 mins.) \$40R/\$43NR/\$32M

Dates: (2 days per week-45 minutes) (20 classes)

Mon./Wed., 6-6:45 p.m., June 21-Sept. 8 (MJ) (#11721)

Tues./Thurs., 5:45-6:30 a.m., June 22-Aug. 26 (MJ) (#11720)

Location: Friendship Center, Room 115

Fee: 2/week (45 mins.) \$69R/\$72NR/\$64M

Instructor Code: (MJ) Mary Jo, (D) Deb, (R) Russ, (M) Michelle, (Z) Zach, (MA) Maura

Spinning w/Karen (Ages 16+) (20 classes)

Build up strength and endurance in this activity that can burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., June 21-Sept. 10

Location: Friendship Center, Room 115

Fee: \$93R/\$96NR/\$75M (#11726)

Senior Spin w/Russ (Ages 60+ or active adults) (20 classes)

Designed especially for seniors and/or active adult population using senior spin program.

Dates: Mon./Wed., 8:45-9:30 a.m., June 21-Sept. 8

Location: Friendship Center, Room 115

Fee: \$63R/\$68NR/\$50M (#11719)

Challenge Ride w/Russ (Ages 16+)

High intensity for one hour. Knock your socks off with this challenge!

Date: Friday, June 4, 6-7 p.m.

Location: Friendship Center, Room 115

Fee: \$5 per person (#11657)



NEW CLASS!

KIDS SPINNING

(See Page 9)

AEROBICS/FITNESS/DANCE

Combo w/Kelly (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

Dates: Mon./Wed., 6-7 p.m., June 21-Sept. 8

Location: Friendship Center, Room 118

Fee: \$68R/\$73NR/\$53M (#11629)

Abs, Back & Legs w/Keli (10 classes)

Focus on strengthening/toning the abs, back and legs.

Dates: Mon., 7-8 p.m., June 21-Sept. 13

Location: Friendship Center, Room 118

Fee: \$40R/\$43NR/\$32M (#11672)

Core Toning w/Karen (10 classes)

A highly effective approach to strengthening and toning abdominals and back using progressive movements and a variety of equipment.

Dates: Mon., 9-9:30 a.m., June 21-Sept. 13

Location: Friendship Center, Room 112

Fee: \$50R/\$53NR/\$38M (#11671)

Ringtime Boxing w/Focus Mitts w/Karen (12 classes)

Interval class featuring the use of boxing gloves and focus mitts. Class will cover safety tips, proper use, drills and workout formats. If you love punching, then prepare to be hitting the mitts like a pro.

Session I: Tues./Thurs. 9-9:45 a.m., June 29-Aug. 5 (#11650)

Session II: Tues./Thurs. 9-9:45 a.m., Aug. 10-Sept. 23 (#11651)

Location: Friendship Center, Room 112

Fee: \$73R/\$76NR/\$58M



AEROBIC/FITNESS/DANCE

Weight Loss Boot Camp w/ Karen (21 hours)

A combination of nutrition and exercise in a small group setting. Incredible results achieved by past participants. Serious about losing weight? This is for you!

Dates: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), July 12-Aug. 20 (#11669)

Location: Friendship Center, Gym #2

Fee: \$225R/\$230NR/\$185M

Core Cut Intervals w/ Lori L. & Mary (12 classes)

Anything and everything goes in this class. Inside, outside, bosu, gliding, balance, strength and cardio. Fun with cutting edge techniques — never boring!

Session I: Mon./Wed., 6-7 p.m., July 12-Aug. 18 (#11702)

Session II: Mon./Wed., 6-7 p.m., Aug. 23-Oct. 11 (#11703)

Location: Friendship Center, East Annex/Gym #1

Fee: \$87R/\$90NR/\$70M

Mat Pilates w/ Terri (10 classes)

Concentrate on core stability. Gain flexibility of muscles and joints, improve posture, strength and balance. Check with doctor if degenerative/orthopedic problems. Doctor's note required for pregnant participants.

Dates: Tues., June 22-Aug. 24, 5:45-6:30 p.m., (#11821)

Location: Friendship Center, East Annex

Fee: \$54R/\$59NR/\$42M

Fitness Boot Camp w/ Karen (6 weeks)

A very effective multi-disciplined approach to fitness that will leave your body looking and feeling amazing.

Dates: Mon./Fri., 10:30-11:30 a.m., July 12-Aug. 20 (#11667)

Location: Friendship Center, Gym #1

Fee: \$87R/\$90NR/\$70M



Sun Salutations w/ Meena (10 classes)

Intense class that revolves around Surya Namaskar A & B — the classic yoga sun salutations. Variations of the salutations to challenge both upper and lower body to gain flexibility and strength as the poses flow from one to the other. Simple yet powerful giving you a unique experience of yoga.

Dates: Thurs., 5:30-6:30 p.m., June 24-Aug. 26 (#11632)

Location: Friendship Center, Room 109

Fee: \$52R/\$55NR/\$40M

Krunch Klub w/ Lori L. & Mary (Ages 18+) (8 classes)

Shape, tone and flatten your mid-section while improving core strengthening — an express workout.

Session I: Mon./Wed., June 21-July 19, 7-7:30 p.m., (#11776)

Session II: Mon./Wed., July 12-Aug. 18, 7-7:30 p.m., (#11777)

Location: Friendship Center, Room 112

Fee: \$43R/\$46NR/\$35M

Core Cut Interval w/ Karen (6 classes)

Interval-based program to supercharge your metabolism. Each class is different w/focus on ability.

Session I: Wed., 9:30-10:30 a.m., July 7-Aug. 11 (#11644)

Session II: Wed., 9:30-10:30 a.m., Aug. 18-Sept. 29 (#11645)

Location: Friendship Center, Gym #1

Fee: \$50R/\$53NR/\$38M

Outdoor Fitness Bootcamp w/ Karen

Classes designed to encourage goal achievement and personal improvement in a supportive group setting. Meet in front of Friendship Center.

Two Day (20 classes):

Mon./Wed., 6:45-7:30 p.m., June 21-Sept. 8

Fee: \$90R/\$93NR/\$72M (#11734)

Location: Friendship Center, Outside

One Day (10 classes):

Sat., 9:45-10:30 a.m., June 26-Aug. 28

Location: Friendship Center, Outside

Fee: \$50R/\$53NR/\$40M (#11733)



AEROBICS/FITNESS/DANCE

Yogalates w/Terri (10 classes)

Yoga mixed with pilates. Great mixture. Check with doctor if degenerative/orthopedic problems. Doctor's note required for pregnant participants.

Dates: Tues., 4:45-5:30 p.m., June 22-Aug. 24

Location: Friendship Center, Room 118

Fee: \$54R/\$59NR/\$42M (#11653)

Basic Hatha Yoga w/Stacy CYT (8 classes)

De-stress and come enjoy a yoga practice that may help you slow/calm down. Explore new postures and techniques in a slow paced class. All levels are welcome.

Dates: Tues., 5:30-6:30 p.m., June 22-Aug. 10 (#11758)

-OR- *Tues., 10:15-11:15 a.m., June 22-Aug. 10

(#11759)

Location: Friendship Center, Room 109, *Room 118

Fee: \$75R/\$80NR/\$60M

20/20/20 w/Janeal (20 classes)

20 minute segments of step, aerobics/weights and abs.

Dates: Tues./Thurs., 6:30-7:30 p.m., June 22-Aug. 26

Location: Friendship Center, Room 118

Fee: \$68R/\$73NR/\$53M (#11636)

Fitness Fusion w/Janeal (20 classes)

Variety of cardio, step, interval, muscle and ab training.

Dates: Tues./Thurs., 7:30-8:15 p.m., June 22-Aug. 26

Location: Friendship Center, Room 118

Fee: \$62R/\$65NR/\$50M (#11627)

Horizontal Conditioning w/Karen

A unique and challenging way of toning your body, using mainly body weight. It is a fusion of pilates, yoga and muscle. Intermediate level.

2 Day (20 classes): Wed./Fri., 8:30-9:15 a.m., June 23-Aug. 27

Fee: \$90R/\$93NR/\$72M (#11699)

Location: Friendship Center, Room 112

1 Day (10 classes): Wed., June 23-Aug. 25, 5:45-6:30 p.m. (#11700)

OR-Sat., June 26-Aug. 28, 8:45-9:30 a.m. (#11705)

Location: Friendship Center, Room 112

Fee: \$50R/\$53NR/\$40M

Pilates w/Meena (10 classes)

A 45 min. class for core strength building. Beginner to intermediate level pilates exercises on the mat. Core strength is essential in maintaining posture, balance, functional movement and a healthy body. Good for all levels and helps to increase flexibility, decrease tension and strengthen the body from the inside out.

Dates: Fri., 10-10:45 a.m., June 25-Aug. 27

Location: Friendship Center, Room 118

Fee: \$52R/\$55NR/\$40M (#11633)

Intermediate Pilates (10 classes)

For those who have taken beginner classes.

Dates: Fri., 10:45-11:30 a.m., June 25-Aug. 27

Location: Friendship Center, Room 118

Fee: \$52R/\$55NR/\$40M (#11823)

Ringtime Boxing w/Focus Mitts w/Karen (6 classes)

A fun, high intensity kickboxing class using bags, gloves and cardio drills.

Session I: Tues., 5:45-6:30 p.m., June 29-Aug. 3 (#11646)

Session II: Tues., 5:45-6:30 p.m., Aug. 10-Sept. 21 (#11649)

Location: Friendship Center, Room 112

Fee: \$46R/\$49NR/\$35M

Women's Strength Training w/Bentz (Ages 18+) (8 classes)

Tone, shape and define your body, boost energy and metabolism and maintain or improve bone density. The class will maximize results and safety by focusing on proper form and technique.

Dates: Thurs., 7-8 p.m., July 1-Aug. 19

Location: Max Fitness, 3401 N. 6th St. Harrisburg

Fee: \$65R/\$70NR (#11673)

Small Group Strength Training (10 sessions) w/Karen

Workouts held in weight room with focus on traditional strength exercises using various lifting techniques.

Dates: Thurs., 8-8:50 a.m., June 24-Aug. 26

Location: Friendship Center, Fitness Center

Fee: \$50R/\$55NR/\$38M (#11735)

Cardio/Kickboxing w/Mary Jo (10 classes)

Combination of aerobics, plyometrics, step aerobics and high energy kickboxing. Fun filled, calorie burning hour.

Dates: Sat., 10:30-11:30 a.m., June 26-Aug. 28 (#11697)

OR-Wed., 7:15-8:15 p.m., June 23-Aug. 25 (#11698)

Location: Friendship Center, Room 118

Fee: \$40R/\$43NR/\$32M

**THE FRIENDSHIP CENTER
WILL BE CLOSED
FOR MAINTENANCE
AUGUST 29-SEPTEMBER 4:**

AEROBICS (CONT.)

Mobile Mommy Wheelies w/Ursula (4 classes)

Workout with your little ones in strollers. Strength training, sculpting and cardio to help mom shape up.

Session I: Thurs., 9:30-10:15 a.m., June 24-July 15

Location: Koons Park

Fee: \$35R/\$40NR (#11634)

Middle Eastern Dance w/Karida (6 classes)

Burn calories, tone muscles, build stamina, increase flexibility, grace and confidence.

Dates: Wed., 6-7 p.m., June 23-July 28

Location: Friendship Center, Room 106/109

Fee: \$50R/\$53NR/\$46M (#11784)

SPORTS/LEISURE

Tai Chi Simplified w/J. Jackson (11+/no age limit!) (10 classes)

Learn the Tai Chi 27 short form movements based on the Yang Style Tai Chi. Soft high movements with emphasis on posture, balance, and breathing naturally in rhythmic harmony. Benefits of Tai Chi practice are stress control, tension release, stimulation of the mind, improved concentration focus/coordination, promotion of a general sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

Dates: Thurs., 10-11 a.m., June 24-Aug. 26

Location: Friendship Center, Room 118

Fee: \$100R/\$105NR/\$80M (#11566)

Tai Chi Style Essential w/J. Jackson (11+/no age limit!) (10 classes)

Learn the Tai Chi 18 low form movements based on the Chen Style. Low movements done w/balance of fast and slow, hard and soft with spiraling movements for the cultivation of tranquility w/explosive power w/natural breathing. Benefits include stress control, tension release, stimulation of the mind, improved focus/coordination, promotion of a sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

Dates: Thurs., 7:30-8:30 p.m., June 24-Aug. 26

Location: Friendship Center, Room 118

Fee: \$100R/\$105NR/\$80M (#11567)

Fitness Assessment w/Wellness Coach

Help set your goals by having assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$16R/\$19NR/\$12M (#11631)

SPORTS/LEISURE

Adult Golf w/Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.

Dates: Tues., 6-7 p.m., June 15-July 6 (#11575)

Mon., 6-7 p.m., July 12-Aug. 2 (#11576)

Sun., 1-2 p.m., Aug. 15-Sept. 12 (#11577)

Sat., 9:30-10:30 a.m., Oct. 2-23 (#11578)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Advanced Beginner: Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

Dates: Tues., 7-8 p.m., June 1-22 (#11404)

Mon., 7-8 p.m., July 12-Aug. 2 (#11572)

Sun., 2-3 p.m., Aug. 8-29 (#11573)

Sat., 10:30-11:30 a.m., Sept. 11-Oct. 2 (#11574)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Intermediate: Continue to develop technique.

Dates: Mon., 7-8 p.m., June 7-28 (#11402)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Personal Wellness Coach Training w/Kim

Have you met with our Coach and established goals? Consider the option of continued training to keep you on track to obtaining those goals in the most effective manner. Kim will work with you to develop a health and fitness program with your personal goals in mind.

Dates: By appointment

Location: Friendship Center

Fee: \$42M/\$47NM (per hour)

\$29M/\$34NM (per 1/2 hour)

Misbehavior Detectives

A Positive Discipline Experiential Workshop: classes for parents who want to learn non-punitive, respectful methods and get to the root of their child's misbehavior, regarding children of all ages — even teens. Teaching based on the book *Positive Discipline*.

Dates: Sat., June 12, 9 a.m.-1 p.m. (orientation 6/8, 6-7 p.m.) (#11805)

OR- Sat., July 24, 9 a.m.-1 p.m. (orientation 7/20, 6-7 p.m.) (#11806)

Location: Friendship Center, Conference Room

Fee: \$15R/\$18NR/\$12M (orientation free-must pre-register!)

